



Serves: 8

Wholegrain Smoked Chicken Sandwich

Ingredients

- 16 slices of wholegrain bread*

Spread:

- 10 sun-dried tomatoes
- ½ jar of feta cheese
- 4 tsp of oil from the sun-dried tomato and/or feta cheese jars, to bind the ingredients

Filling:

- 1 ripe avocado, sliced
- ½ a smoked chicken, shredded
- 3 tbsp of light mayonnaise
- ½ an onion, diced (use a red onion if you prefer a stronger taste or a yellow onion for lighter taste)

Method

- Heat up the smoked chicken on a grill or oven. Shred and let it cool.
- Mix the ingredients for the filling, except the avocado, well.
- Blend the ingredients for the spread using short pulses for a few seconds, until it reaches a paste-like texture.
- Spread it on the wholegrain bread slices. Stack the bread, avocado and chicken together.

Tip:

- Alternatively, you can serve this with oven-baked pappadums and a side of your favourite salad



*Choose products with the Healthier Choice Symbol.